

Evolving Aspects of Healthcare Reform

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The de facto mental health system

- Primary Care Physicians provide up to 60% of all psychiatric care in the USA
- Up to 40% of primary care patients have primary active psychiatric problems
- 50% of patients with mental health referrals do not follow up (stigma, poverty, language barriers, paucity of psychiatrists in some areas, financial constraints)

Patient-Specific Health Factors in Schizophrenia

| FACTOR | Prevalence in Schizophrenics | Prevalence in Gen'l Populatn |
|-------------|------------------------------|------------------------------|
| Smoking | 65% | 25% |
| Obesity | 50% | 33% |
| Diabetes | 14% | 5 – 8% |
| HIV | 3% | 0.3% |
| Hepatitis C | 20% | 1.8% |

Morbidity and Mortality in People with Serious Mental Illness

- Stigma and discrimination are the most critical cause of disparities in access, quality of care and health outcomes—especially for underserved/diverse populations (US Surgeon General's Report on Mental Health: Culture, Race and Ethnicity, 1999)

Why PC/BH Integration

- Health Disparities: Persons with serious mental illness (SMI) are dying **25 yrs earlier than the general population**
- While suicide and injury account for about 30-40% of excess mortality, 60% of premature deaths in persons with Schizophrenia are due to medical conditions such as cardiovascular, pulmonary and infectious diseases (NASMHPD 2006)

A Melding of Cultures

- Pace
- Language
- Practice Style
- What is “Success”?

Integration vs. Co-Location

- Integrated Care
- Embedded member of primary care team
- Patient contact via warm hand off
- Verbal communication
- Flexible schedule
- Ancillary service provider
- Patient contact via referral
- Written communication
- Fixed schedule

Mental Illness and Homelessness

- According to SAMHSA 20 to 25% of the homeless population in the USA suffers from some form of mental illness
- SMI disrupts a person's ability to carry out essential aspects of daily life such as self care and household management
- As a result of these factors, people with SMI are much more likely to become homeless than the general population

Mental Illness and Homelessness

- Poor mental health may also affect physical health especially for people who are homeless
- Mental illness may cause people to neglect taking precautions against disease, miss appointments
- In addition, an estimated 50% of the mentally ill homeless population have a co-occurring substance use disorder

Policy Issues and Challenges

- Better coordination between health service providers/systems is a primary means of reducing homelessness
- More availability of supportive housing (BH treatment, physical health care, peer support, employment opportunities, daily living and money management skills training)
- Lack of sufficient funding

References

- Mental Illness and Homelessness, published by the National Coalition for the Homeless, July 2009
- Lippincott's Primary Care Psychiatry, Robert McCarron, Glen Xiong, University of CA, Davis, CA. Lippincott Publishers 2009